APPENDIX 3 FIGURE 8

(PAGES 1 TO 3)

PAGE 1

INSTRUCTIONS FOR COMPLETION OF THE HOURLY DIARY

1. Please summarise briefly what you did in each hour of the study period and where you were at that time.

2. Please give brief details of any observations you think might have affected air quality.

3. Please indicate the air quality by ticking the yes or no box.

4. Please complete both page 2 and 3 of the diary.

5. If in doubt as to how to proceed, please telephone Recruitment free on 0800 591 570 during office hours (0845 - 1700 hours Monday to Thursday and 0845 - 1630 on Friday)

EXAMPLE

TIME	SUMMARY OF ACTIVITIES AND LOCATION	AIR QUALITY	YES	NO
1800 - 1900 hours	Cooked Tea Had a bath	Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking	✓ ✓	✓ ✓ ✓
1900 - 2000 hours	Watched T.V. Walked to pub through woods	Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking	✓ 	 ✓ ✓ ✓ ✓
2000 - 2100 hours	In pub	Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking	 ✓ ✓	✓ ✓ ✓
2100 - 2200 hours	Still in pub	Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking	 ✓ ✓	✓ ✓ ✓
2200 - 2300 hours	Walked Home along a road Watched T.V.	Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking	✓ 	 ✓ ✓ ✓ ✓
2300 - 2400 hours	Made Supper Went to bed	Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking	✓ ✓	 ✓ ✓ ✓

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Source: https://www.industrydocuments.ucsf.edu/docs/ntlm0000

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PAGE 2

DIARY - PLEASE READ INSTRUCTIONS ON SHEET 1 CAREFULLY BEFORE COMPLETING				
TIME	SUMMARY OF ACTIVITIES AND LOCATION	AIR QUALITY	YES	NO
0600 - 0700 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0700 - 0800 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0800 - 0900 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0900 - 1000 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1000 - 1100 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1100 - 1200 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1200 - 1300 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1300 - 1400 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1400 - 1500 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1500 - 1600 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1600 - 1700 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1700 - 1800 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		

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PAGE 3

DIARY - PLEASE READ INSTRUCTIONS ON SHEET 1 CAREFULLY BEFORE COMPLETING				
TIME	SUMMARY OF ACTIVITIES AND LOCATION	AIR QUALITY	YES	NO
1800 - 1900 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
1900 - 2000 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
2000 - 2100 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
2100 - 2200 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
2200 - 2300 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
2300 - 2400 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
2400 - 0100 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0100 - 0200 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0200 - 0300 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0300 - 0400 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0400 - 0500 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		
0500 - 0600 hours		Good Ventilation Air Conditioning Paint Fumes Tobacco Smoke Cooking		

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